

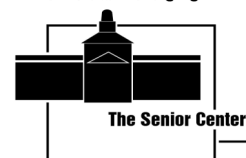
COMING OF Age...

Your Center for Connection

Published Monthly Issue #4 Volume V

City of Newton
Department of Senior Services

Newton Council on Aging



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617.796-1660 ■ www.newtonseniors.org

april 2012

Life's Transitions: Future Focus

"Where Do I Go from Here?"

Presented by the Newton Free Library in
co-sponsorship with the
Newton Department of Senior Services

- April 19 - Part 1: *Where should I live?*
- Information about housing options.
- May 10 -Part 2: *How should I live?*
- Information about local resources, support services and public benefits.
- June 14- Part 3:
How can I enhance and enrich my life?
- Information about enriching, recreational, nutritional and social opportunities and transportation.

**Seniors, family members and friends are invited to attend these informational talks.*

Programs held at Druker Auditorium,
Newton Free Library... 7:00PM

**Yellow Senior Services Transportation Vouchers
VALID for transport to these programs.*

The Older & Wiser Driver

AAA of New England will present an informational program reviewing driving tips, new laws and on road facts for your driving safety and pleasure. All welcome to drop-in... Tuesday, April 24 at 1:00pm.

Check out our
NEW & Improved Website at
www.newtonseniors.org



Wishing everyone a joyful
Easter and Passover*

Fitness EXPO Day!



So many of you have asked to "try" some of our fitness classes before committing to attending. On Wednesday, April 25, you can "drop-in" and see for yourself what these classes offer. The following schedule is for this day only. Please see our calendar, pages 8 and 9, for regular days and times of classes;

- 9-9:30 Tai Chi
- 9:30-10 Tong Ren
- 10:45-11:45 Beyond Balance
- 12-12:30 Aerobics
- 12:30-1 Muscle Conditioning
- 1-1:30 Yoga Chairs
- 1:30-2 Yoga Mats
- 2-3:00 Line Dance

TRIP to Museum of Fine Arts

Please pre-register soon, as space is limited, for a day at the Museum of Fine Arts to see the "Art in Bloom" exhibit. \$25 covers admission and transportation. Lunch is on you! The museum has a few dining choices from light lunch to full meal. The van leaves at 10am and returns to the center at 3:00pm on Friday, April 27. Please arrange for transportation to and from the center.

Shopping Trip to Legacy Place & Job Lots

Please pre-register (\$3) soon, as space is limited, for a shopping trip to Dedham. The van leaves at 10am and returns to the center at 2:30pm on Monday, April 23. We thank Golden Living at Chetwynde for sponsoring this trip. Please arrange for transportation to and from the center.

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THE NEWTON SENIOR CENTER
Phone 617-796-1660.....FAX 617-969-9560
Web Site Address – www.newtonseniors.org
Center Hours: 8:30-4:00 Monday-Friday

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NOTE: All Newton households with a resident over the age of 60 receive complimentary copies of the Coming of Age newsletter, quarterly. *Copies of the Coming of Age may be picked up, at no charge, at the Newton Senior Center, Newton City Hall and the Newton Free Library and at many housing complexes around the city.*

The newsletter may also be accessed on the WEB... Go to www.newtonseniors.org

To receive notice of the newsletter by e-mail... please register your e-mail address on the website above.

The newsletter is published monthly.

To subscribe to the “Coming of Age” newsletter and receive a paper copy monthly, please send your \$10 to:
the Newton Senior Center 345 Walnut St., Newtonville, MA 02460.

Worthy of Note

ALDERMEN VISITS

- Ald. Stephen Linsky- Friday, April 6, 8:30am.
- Ald. Vicki Danberg–
Wednesday, April 18, 9:00am.

The Food Pantry Needs You!

Please bring unopened, non- perishable, unexpired food items to the Newton Senior Center during hours of operation, Monday through Friday, 8:30-4pm. Delivery is made to the Newton Food Pantry weekly.

The Newton Food pantry thanks all of those who contribute so generously.

KEEP WARM WITH A NEWTON THROW

Newton Throws are available
at the Newton Senior Center, in 4 colors. ...
*All proceeds benefit programs and services for
Newton Seniors through the
Newton Department of Senior Services.*

Time for SPRING Cleaning!

The Senior Store ... on the first floor of the Newton Senior Center needs your donations! We accept costume jewelry, knick-knacks, hand-crafted items, giftware, yarn, etc. ***We do not*** accept clothing, appliances, or large pieces of furniture. Just deliver your treasures to the center and we will help find them a proper home! All proceeds from sales at the Senior Store benefit the programs and services of the Department of Senior Services.

Have you swiped your card today?

Each time you visit the Newton Senior Center we ask that you swipe your card or touch “missing ID badge” on our touch screen. Please let us know you were here and why... be counted!

QUOTE of the Month

“I love coming to the Senior Center. I feel so good when I leave there. The one hour of fitness is the best part of my day!”

Sue Lee, Newton resident

Getting Around

Newton Department of Senior Services

"Senior Transportation Services"

*For *Newton Residents 60 years and older*

(These services may be changed or modified at any time.)

- **Medical Transportation** - in Newton to medical appointments and "*specific destinations*" beyond. (Monday-Friday 8-5)
65 Walnut St., Wellesley
1 Washington St., Wellesley
173 Worcester Rd., Wellesley
195 Worcester Rd., Wellesley
230 Worcester Rd., Wellesley
830 Boylston St., Chestnut Hill
850 Boylston St., Chestnut Hill
1244 Boylston St., Chestnut Hill
1153 Centre St., Boston (Faulkner Hospital)
280 Washington St., Brighton (St. Elizabeth's Hospital)
- **The Shopper's Service**- weekly marketing- Tuesday, Wednesday or Thursday between 10-2. Your choice of Newton market
- **Transportation to Long-term Care Facilities**- in Newton, 8-5., Monday-Friday. 2 visits per week.
- **Transportation to Houses of Worship**- in Newton for religious services .
- **Transportation**- to certain "Adult Day Health" locations outside of the city. **(Reserve for services listed above 3 business days ahead.)**
- **Transportation to the Newton Senior Center**- Service 5 days a week. 8am-4pm. **(Reserve by 4:00 the previous day for this service only.)**

Vouchers are good for all of the above services

Vouchers are available at the Senior Center, or by mail. The suggested contribution for a book of **20 vouchers is \$60 or \$3 per voucher** (1 voucher used each way, 2 vouchers for a round trip). *A minimum contribution of \$1 required, per voucher.* For those unable to budget this amount (\$20 for 20 vouchers) or more, *please* request an exemption form. Acceptance of your exemption will enable you to forgo a contribution. Payment is required BEFORE vouchers will be sent through the mail.

**Make all reservations by calling
617-796-1288**

If you have questions about the service, please call Alice Bailey at 617-796-1664 abailey@newtonma.gov

"OTHER

Transportation Services"

- **ITN- Independent Transportation Network of Greater Boston**- \$60 annual membership. Rides cost \$4 plus \$1.50 per mile. 24 hour a day service. For more information 1-508-309-7375.
- **Busy Bee Medical Transportation** – medical transportation to some destinations outside Newton. Suggested donation is **\$4.00 each way**, and requires 3-day advance reservations. *Call 1-800-427-0230*
- **"The RIDE"**- Call 617-222-5123 to register. *A healthcare provider's signature required for eligibility.* Rides seven days a week, Newton and surrounding areas. **\$2.00 fee each way.** *Handicapped accessible, call by 4:00p.m. the previous day for reservations, pre-registered riders only.*

MBTA Senior Transportation Passes

Those senior citizens and disabled individuals who *already* have Senior Transportation Passes (white laminated cards with their picture on them) should watch the expiration date. Order new cards by calling **617-222-5976**, one month prior to expiration. No charge. Those who *do not* have a Senior Transportation Pass and would like one, must go to a site where pictures are taken, identity checked and forms are filled out.

Senior Citizen Parking Stickers

For a Senior Parking Sticker, *Newton residents, 65 years+, must* show license & registration, with Newton address. (Copy of the lease agreement for personal leased cars.) Stickers are good for 2-year cycle at \$6. from July 1, 2011 - June 30, 2013. Stickers are good at 1,2 and 3 hour meters in all city lots, *but never on the street!* Stickers are available at the Newton Senior Center between the hours of 8:30 and 3:30pm.

Visit our website and see the new format for up to date information about transportation and our many other programs and services.

www.newtonseniors.org

April in Newton!

★ **See calendar-** Pages 8- 9... for schedule of games, language & fitness classes and much more!

Low Vision Group- The Low Vision Group sponsored by Massachusetts Association for the Blind (MAB) meets the first Monday of each month (1-3p.m.) April 2.

Parkinson's Support Group—The monthly meetings of the Parkinson's Support Group are held on the last Monday of each month at 10:30am. (April 30.)

BOOK REVIEW- Maura Copeland of the Newton Free Library presents a Book Review at the Newton Senior Center on the 2nd Monday of each month 2:30-3:30. (April 9) All welcome!

Book Club... will meet the third Friday of each month at 10:30am (April 20) The book for April is *"The Sisters"* by Nancy Jensen . All welcome!

Short Story Group - Copies of the short story to be discussed can be picked up at our reception desk prior to group meeting. Meetings are held on the last Thursday of each month at 10:30. (April 26)

Painting with Tim— Artist Tim Power presents a monthly "Painting Workshop" (10-11:00), during the *Open Art Studio Workshop* held every Wednesday from 9:30-11:30. This month, April 25. Artists are welcome to bring their work and enjoy the well-lit space.

Wii... *Do it sitting, do it standing... JUST do it!* **Dance on Broadway** with the chorus to show tunes. Easy steps, great upper body exercise. **Wii Bowling, Tennis, Golf, Baseball and MORE! Mondays from 9-11...**

Quilting

Quilting begins April 2. You may join at any time by paying Alice on the Mezzanine. Your \$20 will be used to purchase the materials needed for a pillow cover. Later projects will be priced out individually. Meetings are Mondays at 11:30.

Dialogue with Director

Jayne Colino, Department Head for the City of Newton Department of Senior Services, will speak about the department. Meet with her in the Dining Room at the Newton Senior Center from 10-10:30am on Friday, April 13.

Dental Screening

Mt. Ida Dental Hygiene students will do perform dental screenings at the Newton Senior Center on Tuesday. April 24 between 9:30 and 12:00. Drop-in!

Pre-Register/ Pre Pay Classes

- *Late registration—additional \$5.
- *Classes will be canceled if not filled.
- *Payments by cash or check at time of registration..
- *No refunds after registration date.

****Please PRE-REGISTER/PRE-PAY**

Alice Bailey on the mezzanine or mail to:

**Alice Bailey -Newton Senior Center
345 Walnut St, Newton, MA 02460**

8 WEEK Classes- \$50 each

- **Beyond Balance**—Monday, 12:45-1:45
March 26- May 21 (skip April 16)
- **Beyond Balance-** Wednesday, 10:45-11:45am
March 14- May 2
- **Line Dancing-** Monday, 10-11:00am
March 26- May 21 (skip April 16)
- **Ceramics**— Thursday, 12:30-2:00pm
March 8- April 26

****Pre-payment for May sessions due May 7**

COMPUTER and I-PAD Lessons

\$50 for 6 lessons or \$10 per lesson.

For registration form contact Joanne 617-796-1670 or jfisher@newtonma.gov. You must have access to a computer or I-Pad to be eligible for our lessons
All lessons on site at the center. **Rolling registration.**

HOW TO FIND JUST ABOUT ANYTHING ON THE INTERNET!

This workshop will teach you how to use Google Advanced Search as an extremely effective way to find almost anything on the Internet, as long as it is connected to a website. Your requests will be searched out, so bring your Internet detective hats!
Beginners to mavens, invited.

Wednesday, April 18- 1-2:30pm

MATTER OF BALANCE

Not to be confused with *Beyond Balance*, this is a program of support and information for those concerned about "falling".

Newton Wellesley Hospital sponsors this "no-charge" program. running 6 weeks (**Wed. April 18-May 23**). Meetings are 1 hour., 2:30-3:30pm.

***Pre-register by Friday, April 6.**

Are You a News Junkie?

Monday (1-2pm) NewsTalk
Thursday, (10-11am) Currents Events

* *Living Well*

Disability Indicator Form

If you or someone in your household is disabled be sure to register them with the Newton Police Department by filling out a **Disability Indicator Form**. The police will then know who may need assistance in an emergency. Forms available at the Newton Senior Center.

File of Life

A File of Life is available to Newton Senior Citizens, upon request. It has a magnetic pocket for your refrigerator that holds your identification and medical information. Affix a sticker in the packet to your front door to alert emergency workers that valuable information can be found on your refrigerator. It is suggested that you put your photo on the pocket as well,. Also in the kit is a smaller information card and pocket to be carried on your person. Please remember to update your information yearly. New information sheets are available at the senior center upon request.

Contractor Referral List

For a list of pre-screened contractors, please call Lynn Feinman, Aging in Place Projects Manager, at the Newton Senior Center. Find plumbers, electricians and handymen. Reach Lynn at 617-796-1675

Senior Home Safety Check

The Newton Fire Department, Newton Police Department, Newton Rotary Club, and Newton Department of Senior Services offer a Home Safety Check program.

To arrange for a visit, call
Lynn Feinman at the
Newton Department of Senior Services

THE NEWTON SENIOR TAX WORK-OFF PROGRAM

The Newton Senior Tax Work-Off Program provides *qualified* seniors (60+) a rebate of up to \$1000 against their real estate taxes, in exchange for 125 hours work in municipal departments. Contact:

Lynn Feinman at 617-796-1675 or
lfeinman@newtonma.gov

Volunteers Needed to Teach Computer and I-Pad Skills

The Newton Senior Center has been teaching computer skills to senior citizens for 20 years. This successful program depends on volunteers who teach individuals tutorial style. Students are beginners to those wishing to expand their computer use. We have added I-Pad skills this year in response to many requests. Lessons are held at the center during regular hours of operation, 8:30-4 Monday through Friday. Please contact Joanne at 617-796-1670 if interested.

Senior Center Music



- Lunch-time Piano with Vic King
Wednesdays & alternate Fridays
- Newton Senior Center Swing Band Tuesdays 1:30
The band will be out playing in the community on
April 24 and May 1.
- The Newton Senior Center Chamber Music Ensemble
Wednesdays, 9-10:30am

Drop-in to play along or just listen!

Senior Water-Sewer Discount

Multiple dwelling homeowners over age 65, *may* now be eligible (though previously not eligible) for a discount. Call water/sewer billing at 617-796-1040.

Many Thanks for Your Generous Donations

- In appreciation of our Tax Preparation Service...
Iola Delicata
Myer Traiger
Josephine Carchia
Pat Quirk
Frank & Cynthia Linton
Carol Roberts
Mary Mazzola
Dominic Precopio
- Golden Living Center at Chetwynde for April shopping trip.
- Cabot's Ice Cream for sweetening our Valentine's Day!
- Harriet Bell., in appreciation of computer teacher Ruth Fax,
- Olympia Pasquarosa, in appreciation of the staff at the
Newton Senior Center
- Doris Lelchook, in memory of Sophie Danziger

Newton /Brookline Consumer Office

... in Newton City Hall is available to answer your consumer questions /mediate your issues around purchases of personal goods and services. 617-796-1292.

Aging in Place: **“We are Living Our Futures Now”**

Marian L. Knapp

I was a casual planner for much of my life. A lot of my early planning revolved around what was expected – do well enough in high school to go to college (even though my studies didn’t prepare me to earn a living); marry; have a family; live in a house; maybe work at some kind of job when my kids were old enough... and then what? My planning didn’t involve much thinking and what little there was didn’t have a lot of depth and substance. Mainly, I just let things proceed with little intervention on my part.

It wasn’t until I was around 50 in the late 1980’s that I began to realize that serendipity wasn’t necessarily the best way to let the future happen. As a newly single woman, I had few savings and not a whole lot of marketable skills. I owned a small house but had no idea how to sustain it over time. It was then that planning became foremost and I set out to achieve two goals: afford a decent place to live; and not be poor when I was old. Fortune and luck continued to play an important role but I became much more deliberate in taking advantage of promising opportunities. I got involved in organizing local political campaigns and, as a result, was offered a job based on my previously unknown or unacknowledged (by me) organizing capabilities. Over the next years I gained more skills and knowledge, and finally garnered enough self-confidence (and salary) to know that I could live in a decent place. Goal number one was accomplished.

The second goal - achieve some financial stability – required a much more conscious effort. I made the assumption that I would be my own primary support – it was up to me and only me. I had no idea where to begin but found a course at Cambridge Adult Education between 7:00 and 8:00 a.m. on financial planning for women – inexpensive, easy to get to, and good timing for a working woman.

This course ended up being a defining episode for my planning. It wasn’t even the whole hour that was significant. It was a one-second statement: “Pay Yourself First!” the instructor said. “You have to pay your bills but you must consider yourself the first payee. Pay yourself first and then pay your other bills. You won’t miss that money and you will secure your future.” That very day I arranged to make the maximum contribution to my employer’s matching retirement fund. I know these perks are not so common any more but, at that time; it provided me some peace of mind and lessened my worry about being old and poor. Second goal accomplished.

This was almost 25 years ago. But once I achieved those two goals I allowed myself to drift along feeling somewhat secure – even with the recent, awful economic downturns.

In the past few years, however, especially since I turned 70, I have slowly begun to realize that I needed new goals. I had become complacent and reluctant to think about what my life would look like as I continued to age. There wasn’t the urgency of 25 years ago but I knew from experience that circumstances can change in an instant. Yet, I continued to think that I could wait until tomorrow.

Finally, after fighting powerful inertia, I renewed my planning. Some of my goals now are similar to those from before - around where and how to live, for example. But I added some because my challenges are different: how do I continue to lead a meaningful life?; and how do I define what help I might need down the road?

One on-line definition of the word “future” says “... time or a period of time following the moment of speaking or writing...” I like this. It says that the future can be as short as one second away or as long as infinity. For me it begins when I finish this article. If I accept this notion, my future actually started a while ago, each time I completed something. This means that I am already well into my future and I need to hurry up and plan realistically right now. If I don’t, I am allowing serendipity to take control of my future – again.

The Newton Free Library and its co-sponsor, the Newton Department of Senior Services will hold a three-part series “Life’s Transitions: Future Focus” on April 19, May 10, and June 14. The overall theme is “Where do I go from here?” Each session will provide information and discussion on where to live, how to live, and enriching one’s life. Join me and our presenters for important insights to help your own personal future planning.

Marian L. Knapp, is a 40-year Newton resident and caregiver of many elders, received her Ph.D. at age 70 after completing her dissertation on “Aging in Place in Suburbia”. She is the Chair of the Newton Council on Aging, a committee appointed by the mayor and Board of Aldermen. Visit her blog at <http://voicesofaging.com>.



Future Focus Discussion Group

Talk with TAB columnist Marian L Knapp & Julie Norstrand about future decisions concerning housing, staying connected & independent, & identifying what’s important to you. Last Thursday of each month, 1:00pm (April 26). At the Newton Senior Center. *All welcome.*

NOTE: *Related informational programming on page 1 .*

"Health Information Needs of Elders"
SHINE

...is administered by the
*Mass. Executive Office of Elder Affairs with
 Councils on Aging,
 Aging Services Access Points and
 other local agencies.*

Medicare Fraud and Abuse

While most Medicare payment errors are simple billing mistakes, Medicare Fraud and Abuse does exist. Last year, a record amount of nearly \$4.1 billion in taxpayer dollars was recovered from individuals and companies who attempted to defraud seniors and taxpayers or who sought payments to which they were not entitled.

Fraud occurs when someone *intentionally* falsifies information or deceives the Medicare Program. A common example of fraud is knowingly billing Medicare for services or equipment that were never provided or received. **Abuse** occurs when doctors or suppliers do not follow good medical practices. These practices may result in unnecessary costs to the Medicare Program for services that are not medically necessary.

You can help stop fraud by reviewing your Medicare statement (Medicare Summary Notice – MSN) to make sure Medicare is not charged for items or services you did not receive. The MSN shows what Medicare was billed, what Medicare paid and what you may owe. If you have a question or concern regarding a Medicare claim, you should discuss it directly with your physician, provider, or supplier that provided the service. Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who help Medicare and MassHealth beneficiaries avoid, detect, and prevent health care fraud. SMP volunteers teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements, recognize scams—such as illegal marketing, providing unnecessary services, and charging for services that were not provided—and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

You can make a SHINE appointment at the Newton Senior Center or call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A SHINE Counselor will call you back as soon as possible.

***Please bring all pertinent information
 to your appointment:***

Medicare card, current insurance coverage information,
 list of medications, frequency of dosage, dosage size, etc.

Healthy Tid-Bits

**From the City of Newton
 Department of Health & Human Services**

Public Health in Action

The first week of April marks National Public Health Week, a great time to highlight a few of the many public health activities happening all the time in Newton and pass along a few stay healthy tips.

The environmental health specialists from the Health & Human Services Department regularly inspect restaurants in Newton. They look for things like proper food storage, adequate cooking temperatures, and good hand washing and food preparation practices.

You can help prevent **foodborne illness** at home by cooking food thoroughly, keeping hot food hot and cold food cold (below 40 degrees F and above 140 degrees F), and washing your hands frequently.

The department provides several **vaccines** to Newton residents (influenza, pneumonia and shingles), and can help answer questions about vaccines that you would get at your health care provider's office.

Shingles vaccine is recommended for adults over age 60. Free clinics are scheduled during the next couple of months. Ask your doctor if the shingles vaccine is right for you, and call 617-796-1420 to make an appointment.

The City of Newton contracts with the East Middlesex Mosquito Control District each year to provide **mosquito prevention and control** services. These include treating catch basins to prevent mosquitos from hatching, treating areas where mosquitos are known to breed, and testing for the presence of disease in mosquitoes.

You can help prevent mosquito-borne illness by removing standing water around your home, securing screens and doors, avoiding peak mosquito hours between dusk and dawn, and using mosquito repellent.

Foodborne illness prevention, vaccination and mosquito control are just a few of the department's many public health activities. For more information, visit the website at www.newtonma.gov and navigate to the Health & Human Services Department page.

Senior Center Health Maintenance Clinics

Wednesdays and Fridays

9 a.m. to 12 noon

Get your blood pressure checked,
 ask medication questions and
 consult with the public health nurse.



Monday

Tuesday

Wednesday

Thursday

Friday

<p>8:45-9:45 Tai Chi</p> <p>9 Pool Cues</p> <p>9-11 Wii Drop-in</p> <p>9:00 Beginner Spanish</p> <p>10 Knitting Circle</p> <p>10 Line Dance (pre-reg)</p> <p>10:30 Drop-in French Phrases</p> <p>11:30-12:30 Quilting</p> <p>11:45 Lunch -</p> <p>Breaded Fish... Chicken Caesar</p> <p>12:45 Beyond Balance (pre-reg)</p> <p>1 Monday Games</p> <p>1 Low Vision Group</p> <p>1 NewsTalk</p> <p>2 Yoga (chairs)</p>	<p>9-10 Aerobics</p> <p>9-10 Intermediate Spanish</p> <p>9:30-10:30-..... Bridge Lesson</p> <p>10:30-11:30 Intermediate Spanish II</p> <p>10:30 Muscle Conditioning</p> <p>11:45 Lunch</p> <p>Roast Turkey... Egg Salad</p> <p>1 Bingo</p> <p>1:30 Swing Band (canceled)</p>	<p>3</p>	<p>9-10:30 Chamber Music Ensemble</p> <p>9-12 Health Clinic</p> <p>9-12:30 Pool Cues</p> <p>9:30 Fine Art Studio Workshop</p> <p>10 Canasta (pre-register)</p> <p>10:45-11:45 Beyond Balance (pre-reg)</p> <p>11:45 Lunch -</p> <p>Greek Chicken... Roast Beef & Cheese</p> <p><i>Vic King- piano</i></p> <p>Dustin Hoffman Film Month</p> <p>1 Movie- "Death of a Salesman"</p> <p>1 Duplicate Bridge</p>	<p>4</p>	<p>10 Current Events</p> <p>10:30 Mandarin Conversation Group</p> <p>11-11:45 Tong Ren</p> <p>11:45-12:45 Tai-Chi</p> <p>11:45 Lunch -</p> <p>Beef Burrito... Turkey Provolone</p> <p>12:30 Ceramics (pre-reg)</p> <p>1 Yoga (chairs)</p> <p>1 Thursday Games</p> <p>1:30 French Salon</p> <p>2 Yoga (mats)</p>	<p>5</p>	<p>8:30 Alderman Linsky</p> <p>9-12 Health Clinic</p> <p>9-10 Aerobics</p> <p>9-10:30 ... Networking Group- 6 Degrees</p> <p>9-12:30 Pool Cues</p> <p>10 Beginner German</p> <p>10:30 Muscle Conditioning</p> <p>11:45 Lunch</p> <p>Eggplant Parm... Cottage Cheese Fruit</p> <p>12-2 Legal Appointments</p> <p>12 Chess Nuts</p> <p>1 Poker</p> <p>1 Bingo</p> <p>1 movie.. "The Secret Life of Words"</p> <p>GOOD FRIDAY</p>	<p>13</p>
<p>8:45-9:45 Tai Chi</p> <p>9 Pool Cues</p> <p>9-11 Wii Drop-in</p> <p>9:00 Beginner Spanish</p> <p>10 Knitting Circle</p> <p>10 Line Dance (pre-reg)</p> <p>10:30 Drop-in French Phrases</p> <p>11:30-12:30 Quilting</p> <p>11:45 Lunch -</p> <p>Grab & Spinach Lo Mein... Ham & Cheese</p> <p>12:45 Beyond Balance (pre-reg)</p> <p>1 Monday Games</p> <p>1 NewsTalk</p> <p>2 Yoga (chairs)</p> <p>2:30-3:30 Book Review</p>	<p>9-10 Aerobics</p> <p>9-10 Intermediate Spanish</p> <p>9:30-10:30-..... Bridge Lesson</p> <p>10:30-11:30 Intermediate Spanish II</p> <p>10:30 Muscle Conditioning</p> <p>11:45 Lunch</p> <p>Herb Roasted Chicken</p> <p>SPECIAL</p> <p>Bingo</p> <p>1:30 Swing Band</p>	<p>10</p>	<p>9-10:30 Chamber Music Ensemble</p> <p>9-12 Health Clinic</p> <p>9-12:30 Pool Cues</p> <p>9:30 Fine Art Studio Workshop</p> <p>10 Canasta (pre-register)</p> <p>10:45-11:45 Beyond Balance (pre-reg)</p> <p>11:45 Lunch -</p> <p>Spanish Shepard's Pie... Seafood Salad</p> <p><i>Vic King- piano</i></p> <p>1 Movie- "Rainman"</p> <p>1 Duplicate Bridge</p>	<p>11</p>	<p>10 Current Events</p> <p>10:30 Mandarin Conversation Group</p> <p>11-11:45 Tong Ren</p> <p>11:45-12:45 Tai-Chi</p> <p>11:45 Lunch -</p> <p>Salmon Boat... Chef Salad</p> <p>12:30 Ceramics (pre-reg)</p> <p>1 Yoga (chairs)</p> <p>1 Thursday Games</p> <p>1:30 French Salon</p> <p>2 Yoga (mats)</p>	<p>12</p>	<p>9-12 Health Clinic</p> <p>9-10 Aerobics</p> <p>9-10:30 ... Networking Group- 6 Degrees</p> <p>9-12:30 Pool Cues</p> <p>10 Beginner German</p> <p>10-10:30 Dialogue w/ Director</p> <p>10:30 Muscle Conditioning</p> <p>11:45 Lunch-</p> <p>Lasagna... Chicken Salad</p> <p><i>Vic King -Piano</i></p> <p>12 Chess Nuts</p> <p>1 Poker</p> <p>1 Bingo</p> <p>1 movie, "The Princess of Montpensier"</p>	<p>19</p>
<p>16</p> <p>Center Closed for Patriot's Day Holiday</p>	<p>9-10 Aerobics</p> <p>9-10 Intermediate Spanish</p> <p>9:30-10:30-..... Bridge Lesson</p> <p>10:30-11:30 Intermediate Spanish II</p> <p>10:30 Muscle Conditioning</p> <p>11:45 Lunch</p> <p>Hot Dog... Seafood Salad</p> <p>1 Bingo</p> <p>1:30 Swing Band</p>	<p>17</p>	<p>9 Ad. Vicki Danberg</p> <p>9-10:30 Chamber Music Ensemble</p> <p>9-12 Health Clinic</p> <p>9-12:30 Pool Cues</p> <p>9:30 -11:30 Fine Art Studio</p> <p>10:45-11:45 Beyond Balance (pre-reg)</p> <p>11:45 Lunch -</p> <p>Macaroni & Cheese... BBQ Chicken Pattie</p> <p><i>Vic King- piano</i></p> <p>1-2:30 Internet Program</p> <p>1 Movie- "Midnight Cowboy"</p> <p>1 Duplicate Bridge</p>	<p>18</p>	<p>10 Current Events,</p> <p>10:30 Mandarin Conversation Group</p> <p>11-11:45 Tong Ren</p> <p>11:45-12:45 Tai-Chi</p> <p>11:45 Lunch -</p> <p>Creamy Chicken...</p> <p>Cottage Cheese & Fruit</p> <p>12:30 Ceramics (pre-reg)</p> <p>1 Yoga (chairs)</p> <p>1 Thursday Games</p> <p>1:30 French Salon</p> <p>2 Yoga (mats)</p>	<p>19</p>	<p>9-12 Health Clinic</p> <p>20</p> <p>9-10 Aerobics</p> <p>9-10:30 ... Networking Group- 6 Degrees</p> <p>9-12:30 Pool Cues</p> <p>10 Beginner German</p> <p>10:30 Book Club</p> <p>10:30 Muscle Conditioning</p> <p>11:45 Lunch-</p> <p>Baked Fish... Roast Beef/ Swiss</p> <p>12 Chess Nuts</p> <p>1 Poker</p>	<p>1</p>

8:45-9:45 Tai Chi 9 Pool Cues 9-11 Wii Drop-in 9:30 Beginner Spanish 10 Knitting Circle 10 Line Dance (pre-reg) 10:30 Drop-in French Travel 11:30-12:30 Quilting 11:45 Lunch - Beef Burgundy... California Chicken Salad 12:45 Beyond Balance (pre-reg) 1 Monday Games 1 News Talk 2 Yoga (chairs) 10-2:30- TRIP to Dedham....	9-10 Aerobics 9-10 Intermediate Spanish 9:30-12 Dental screening 9:30-10:30 Bridge Lesson 10:30-11:30 Intermediate Spanish II 10:30 Muscle Conditioning 11:45 Lunch Chicken Parmesan... Turkey/Swiss 1 Bingo 1 "The Older & Wiser Driver" 1:30 Swing Band (cancelled) 24	9-10:30 Chamber Music Ensemble 9-12 Health Clinic 9-12:30 Pool Cues 9:30 Fine Art Studio (Painting w/ Tim) 10:45-11:45 ...Beyond Balance (pre-reg) 11:45 Lunch - Potato Crunch Fish... Egg Salad <i>Vi King- piano</i> 1 Movie- "Tootsie" 1 Duplicate Bridge; 1230-3:30 ... Matter of Balance (pre-reg) "FITNESS EXPO" DAY (see page 1) 25	10 Current Events, 26 10:30 Mandarin Conversation Group 10:30 Short Stories 11-11:45 Tong Ren 11:45-12:45 Tai Chi 11:45 Lunch - Veggie Quiche... Roast Beef/ Swiss 12:30 Ceramics (pre-reg) 1 Future Focus discussion 1 Yoga (chairs) 1 Thursday Games 1:30 French Salon 2 Yoga (mats) "10:30-3 Museum Fine Arts TRIP	1 Bingo 1 movie "Live In Maid" 9-12- Health Clinic 27 9-10 Aerobics 9-10:30 ... Networking Group- 6 Degrees 9-12:30 Pool Cues 10 Beginner German 10:30 Muscle Conditioning 11:45- Lunch- Meatloaf... Tuna Salad <i>Vic King- Piano</i> 12 Chess Nuts 1 Poker 1 Bingo 1 "Strangers in Good Company
8:45-9:45 Tai Chi 9 Pool Cues 9-11 Wii Drop-in 9:00 Beginner Spanish 10 Knitting Circle 10 Line Dance (pre-reg) 10:30 Drop-in French Phrases 10:30 Parkinson's Support 11:30-12:30 Quilting 11:45 Lunch Honey Mustard Chick... Ham & Cheese 12:45 Beyond Balance (pre-reg) 1 Monday Games 1 News Talk 2 Yoga Chairs. 30		Computer lessons , SHINE Appointments and Tax Appointments are individually scheduled and do not appear on the calendar.	APRIL 2012	

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For Your Information

City of Newton Department of Parks & Recreation

"Over 55" ... April 2012

www.newtonma.gov/parks Click on **"OVER 55"** or
call Nancy at 617-796-1506

***NEW* Texas Hold'em-** Texas Hold'em is a variation
of poker. Join us for lessons, games and tournaments.
Registration is open.

***NEW* Healthy Choice Lifestyle Enhancement Pro-
gram** - This program, co-sponsored with the City's
Health Department, offers effective strategies for inte-
grating healthy eating choices into your life. Space is
limited. Registration is open.

***NEW* Senior Bowl-** Join our new league at Lanes &
Games on Monday mornings.

New Program-Scottish Country Dancing- All levels
are welcome to join us on Wednesday mornings at the
Hut in Newton Centre. Class begins at 10:30 A.M. \$2
donation

Cards & Cribbage- Join us for cards and cribbage on
Mondays & Thursdays at the Scandinavian Home.
Cards begin at 10:00 A.M.

Day Trip to Wayside Inn -Sudbury, MA- April 25th
Longfellow's Wayside Inn, operating since 1716. Lunch
with entertainment by Newton musical trio. Quick
sightseeing and a stop at a country store. Depart Albe-
marle 10:25 A.M. Cost: \$47

Opera House: Riverdance April 14th- Riverdance, the
internationally acclaimed celebration of Irish music,
song and dance. Intergenerational trip, grandchildren &
family members are welcome Depart 12:45 P.M from
Albemarle. Cost: \$82.00

Contemporary Drawing Exhibition

NEW ART CENTER

61 Washington Park, Newtonville

April 9-May 20

Monday-Friday, 9am-5pm

Saturdays, 1-5pm

617-964-3424 marie@newartcenter.org

**Watch for future collaborative program-
ming with the Newton Senior Center**

**The Newton Senior Center
will be closed on
Monday, April 16 -
for the Patriot's Day Holiday**



Homebound Library Services

NEWTON FREE LIBRARY

www.newtonfreelibrary.net (617) 796-1380

Financial Literacy Series

Newton Free Library

Wednesday, April 18, 2012, 7:00 – 8:30 p.m.

*Financing Fundamentals: car loans, home loans and eq-
uity lines of credit* will be presented by Julie Soforenko,

American Consumer Credit Counseling and will cover
the topics of: car loans vs. car leases, homes: rent or buy,
mortgages: fixed rate, ARM and reverse. This program is
made possible by a grant from FINRA Investor Education
Foundation through Smart investing @ your library® in
partnership with the American Library Association

Newton Upper Falls Seniors

April 4...Bingo

April 11... Jan & Len Borelli

April 18... Bingo

April 25...

Jaqueline & Michele Arons

Guests welcome!.....Refreshments

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**Emerson Community Center**

**Pettee Street, Newton Upper Falls**

**For further information call 617-332-5574**



## Bring Pliers and a Screwdriver!

Join the "Two Als" at the ***Small Appliance &  
Repair Group***, Wednesdays, 1-3:00pm at the  
Scandinavian Living Center (206 Waltham St.).  
Bring old appliances back to life and share coffee  
and conversation. For information about this  
opportunity: 617-332-5592

**ASC... Newton North & Newton South  
High School Students**

*present*

## ***"A Newton Senior Social"***

- **Lunch**
- **Students entertainers perform**
- **Sunday April 28, 12-3:00pm**
- **AT Newton North High School Cafeteria**
- **Parking accessed by Walnut St. Entrance**
- **RSVP by April 20....**  
**call 617-796-1660 Newton Senior Center**  
**Space limited , call soon!**

**No Charge!**

# *From the Desk of the Social Worker*

Kathy Laufer, LICSW  
[Klaufer@newtonma.gov](mailto:Klaufer@newtonma.gov)  
 617-796-1663

## **Tips for Easier Meal Preparation**

**The Aging Isn't for Sissies group prepared this list of helpful tips for all of us.**

- Go to the salad bar in the supermarket, and get several days' worth of fruits and vegetables that have already been cut up.
- Buy pre-cut chicken strips, bags of individual chicken breasts (frozen or fresh)
- If you buy a pre-roasted chicken at the supermarket or at a Boston Market-type place, buy an extra chicken and ask them to cut it into strips or chunks for you
- Cook twice as much, and freeze half.
- Buy pre-made pancake mix in a jug, which just requires you to add water, shake the jug, and pour the mix into the pan..
- Buy frozen meatballs (beef or turkey are usually available in supermarkets)
- Make food in a stockpot/slow cooker, which doesn't require a lot of standing and turning, stirring, etc. Get a crockpot that turns itself off after a certain number of hours, so you don't have to worry about turning it off yourself.
- Replace salt with things like grilled onions, which add flavor.
- Buy fresh pasta instead of dried; it cooks faster so you don't have to stand as long.
- Replace pasta with canned cooked ready-to-eat beans.
- Buy the 90-second microwaveable rice (but watch out for salt in the flavored versions)
- Boil pasta or potatoes, and in the last few minutes, throw in a package of pre-cut frozen or fresh vegetables, and then drain. If desired, add hard-boiled egg or pre-cooked chicken or beef strips.
- Have a supply of hard-boiled eggs on hand.
- Make smoothies (blends of yogurt and fruit and whatever else you want to put in) and freeze/refrigerate extra for snacks or for breakfast, combined with granola or cereal or toast.

The Aging Isn't for Sissies Group was led by our Social Work Intern, Sharon Arkoff. She finishes her time with us in May, and we thank her for a wonderful year and wish her much luck.

## **Meet our Social Services Staff:**

**Kathy Laufer**, LICSW Clinical Social Worker,  
 617-796-1663

**Meghan Kennedy**, Outreach Worker,  
 617-796-1672

**Sharon Arkoff**, Social Work Intern,  
 617-796-1674

The Social Service staff, at the Newton Senior Center, is committed to enhancing the quality of life for all Newton seniors. We offer comprehensive social work assessments, outreach services, information and referral, and counseling services.

After you turn 60, you may be eligible for the following benefits, programs and services:

- Home Care Services that include assistance with house cleaning, laundry, meal preparation, grocery shopping, and personal care
- Deferred payment loans for Home Repairs
- Fuel Assistance to help with heating costs; Utility Discounts for telephone, gas and electric bills
- Subsidized Apartments or other housing options
- SNAP (Supplemental Nutrition Assistance Program), which can help you pay for your groceries each month
- Transportation to your medical appointments and other destinations
- Confidential Counseling Services to help you cope with issues such as retirement, aging, illness, bereavement, family relationships, etc.

## **durable medical equipment**

*Wheelchairs, walkers, commodes and more...*

**NEED some , GOT some?**

**Pick-up or donate.**

**Please contact Alice Bailey.... 617-796-1664**

**..... [abailey@newtonma.gov](mailto:abailey@newtonma.gov)**

*Please call in advance to donate or pick-up .*

*The Newton Senior Center  
 regrets the passing of dear friends*



*Sophie Danziger, Lucy DiPalma,  
 Elsie Doherty, Joyce Dorfman,  
 Sam Glass, Marion Kofman &  
 Judith McLoughlin*

The Senior Citizens Fund of Newton  
PO Box # 600488  
Newtonville, MA 02460



**The City of Newton Department of Senior Services**  
**Check out our website at [www.newtonseniors.org](http://www.newtonseniors.org)**

**SENIOR CENTER MEALS**

***Lunch Monday-Friday***, 11:45. To reserve call 617-796-1660 by 11:00a.m. the previous day. A voluntary donation of \$1.75 is suggested per meal. *Springwell makes these lunches possible.*

**Boston College Elder Legal Services**

Call The Newton Senior Center at 617-796-1660, to make an appointment for legal consultation with a law student, supervised by a law professor, from Boston College Elder Legal Services. Appointments scheduled on the first Friday of each month at the senior center October-May. For appointments at other times please call the Waltham office of Boston College Elder Legal Services for an appointment at their location, 781-893-4793

***Curious*** about the Newton Senior Center? Set an appointment for a tour and orientation.

**Learn about our programs and services.**

***call Joanne at 617-796-1670***

**The Newton Senior Center/Council on Aging is a program of the Department of Senior Services, with funding made possible by the Newton Community Development Block Grant Program (CDBG). The publication of *Coming of Age* is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.**

**NEWTON SENIOR CENTER MISSION STATEMENT:** The Newton Senior Center is a place for older adults to gather in an atmosphere that produces and utilizes life experiences and skills. The center's goal is to provide an environment that validates the changing needs and interests of the individuals and enhance growth, dignity and connection with each other and the greater community. Through creative programming, the Newton Senior Center provides participants opportunities and resources in the areas of physical and mental health, nutrition, recreation and education.

***Disclaimer-*** We thank the advertisers featured in this newsletter for their support. They make the printing of the *Coming of Age* possible. The Center does not specifically endorse any service or product advertised herein. We *do* encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider some of our supporters when doing so.